



Physical Education AT MIDDLETHORPE



At Middlethorpe Primary Academy, we believe that it is vital for all our pupils to learn from and about leading a physical and healthy lifestyle, so that they can understand how to manage/improve their life. We aim to equip our children with the fundamental skills in Nursery/EYFS and Key Stage 1 in order to develop their knowledge and understanding of progression, allowing them to compete individually and collectively against one another in Key Stage 2 and later in life.



Big Ideas



- **Engage** – give pupils the opportunity to be introduced to new skills and benefit from being physically active.
- **Develop** – give pupils the opportunity to put their skills into practise in a non-competitive environment.
- **Compete** – give pupils the opportunity to compete and perform against one another.

Content and Sequencing

Middlethorpe Primary Academy PE Long Term

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE Unit 1 Introduction to PE unit 2	Ball skills 1 Dance Unit 1	Gymnastic Unit 1 Dance 2	Gymnastics 2 Ball Skills 2	Fundamentals 1 Games 1	Fundamentals 2 Games 2
Foundation	Introduction to PE Unit 1 Introduction to PE unit 2	Ball skills 1 Dance Unit 1	Gymnastic Unit 1 Dance 2	Gymnastics 2 Ball Skills 2	Fundamentals 1 Games 1	Fundamentals 2 Games 2
Year 1	Body Management and Object control	Athletics indoor and Games Locomotion	Gym – Floor and performance dance	Interpretive dance and performance dance	Net/wall games Sending and receiving	Sending and receiving Locomotion
Year 2	Body management And Locomotion	Object control and Sending & receiving	Gym – Floor and performance dance	Interpretive dance and performance dance	Net/wall and Locomotion	Locomotion and Athletics
Year 3	Indoor athletics and Games Invasion 1	Games Invasion 2 And Body Management	Gym floor and Gym flight	Interpretive dance and performance dance	Net/ wall games and Athletics	Striking and fielding and athletics
Year 4	Indoor athletics and Games Invasion 1	Games Invasion 2 And Body Management	Gym floor and Gym flight	Interpretive dance and performance dance	Net/ wall and Athletics	Striking and fielding Outdoor athletics
Year 5	Indoor athletics and Body management	Interpretive dance and Games invasion	Swimming Gym – Floor	Gymnastics flight Swimming	Net/wall and athletics	Striking and fielding and athletics
Year 6	Athletics & Body management	Games invasion and interpretive dance	Swimming Gym - Floor	OAW And Swimming	Net/Wall and athletics	Striking and fielding and athletics



Extra curricular



- Each term there is a range of extra-curricular programs, where pupils can experience, learn and improve their skill set.

Daily implementation:

- Daily Mile
- Playground leaders



Experiencing the Sporting world



- As pupils progress throughout the school, they are provided with opportunities to experience the wider sporting world, with each year group completing different activities and visiting different sporting locations to broaden their life experiences, skills and future choices.



Outcomes



- Pupils will have understanding of how to benefit their life: physically, socially and mentally.
- Pupils will develop a set of skills, which enables them to perform in different environments.
- Pupils will have been given a range of opportunities to experience different sporting events, allowing them gather an understanding of which sports they would to learn and progress in.



Support



Everyone has access to the Physical education National Curriculum.

Pupils are taught by knowledgeable staff members, who have received CPD around the school's provision.

Pupils are given time to progress at their own pace. Pupils are able to observe/ listen to trained practitioners alongside their peers.